MONDAY, AUGUST 15, 2016
Toronto metro

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Innovation at work

Meat the enemy

But some dieticians say so-called health risks are a little out to lunch

metroLIFE

'Honey', 'Sweetie'

If you're in your 20s, stop patronizing Boomers with cutesy pet names

metroVIEWS

Toronto metro

CANADIAN MEDAL COUNTER 2 2 9

JOHANNA SCHNELLER

The Get Down amping up like one of Flash's beats

metroLIFE

Your essential daily news | MONDAY, AUGUST 15, 2016 | High 26°C/Low 22°C Partly cloudy

Patios vs. public spaces

DOWNTOWN

Battle between condo residents and La Carnita POPS up

Luke Simcoe
Metro | Toronto

A small plaza on John Street has become ground zero in the fight for more public space in downtown Toronto.

Mexican restaurant La Carnita has been operating a fenced-in patio in the plaza, located just west of Adelaide Street.

It's been a popular destination for taco lovers, but there's a problem: The patio is located on public space.

The property is owned by Pinnacle International, but as part of a deal to build a 43-storey condo on the site, the developer agreed to build and maintain the plaza as a "privately owned publicly-accessible space," or POPS.

According to city staff, POPS "are designed for access to all people, not customers of a particular business or residents or workers of a particular building."

Residents say that's not happening at La Carnita. Upset the plaza had been fenced in, Andrea Frisina and other residents of the Pinnacle condos on Adelaide recently staged a sit-in on the patio.

"We were immediately approached by La Carnita staff and asked if we were ordering a meal," she said. "We said 'no,' and they told us we had to leave."

Ward 20 councillor Joe Cressy said the city has asked La Carnita to remove the patio, but the restaurant hasn't complied. He called La Carnita's actions "shameful" and said that if the patio isn't taken down soon, the city will take "rigorous legal action."

La Carnita owner Andrew Richmond said he's in talks with the city and wants to find a solution. In the interim, he said the restaurant has opened to the patio to the public.

"We have a positive relationship with the city and we're trying to work it out," he said.

Jake Tobin Garrett, spokesman for the non-profit Toronto Park People, said the city needs to make it clear to other POPS owners that public space must be kept public.

"It's so important to have even these little slivers of public space downtown," he said. "There needs to be a strong response to this because otherwise what kind of message does it send?"

Usain Bolt of Jamaica wins the men's 100-metre final ahead of Justin Gatlin of the U.S. and Andre De Grasse of Canada at the Olympic Games. Bolt won gold with a time of 9.81, Gatlin won silver in 9.89 and De Grasse took bronze in 9.91. THE CANADIAN PRESS

DE GRASSE DE MAN

Toronto sprinter the first Canadian male to reach the podium at these Games (and Bolt didn't do so bad either)

RIO

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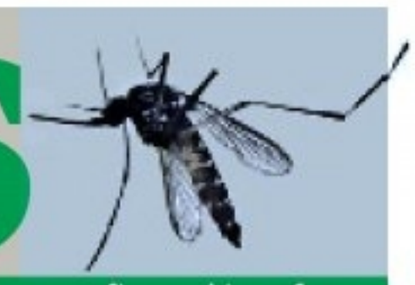

First Canadian case of Zika-related anomalies has been confirmed in a fetus.

Humans of Toronto by K. Omar

"A perfect day to me looks like: waking up when I feel like it, not to an alarm clock; preferably nice and warm and hot and sunny; close to the beach where I have very little stress; I am surrounded by friends, family and loved ones; maybe an ice cold cocktail.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Fusion, food-truck style

ENTREPRENEUR

In a place as diverse as T.O., the offerings should be, too

Gilbert Ngabo
Metro | Toronto

Growing up in Toronto, Tenzin Kalden was always fascinated by the city's cultural and culinary melting pot. Now, he's taking that melting pot on the road.

Feed The Six, Kalden's new food truck, launched in Liberty Village in the spring. Its varied menu of fusion dishes, featuring things like Korean beef tacos wrapped in Indian paratha shells, is meant to showcase Toronto's diverse palate.

"We're trying to mix up any flavours the city has to offer," he said, adding there's an emphasis on foods that haven't necessarily hit the mainstream.

"Tibetan food or Filipino food is not as popular as Chinese food or Jamaican food. So our focus is to help people become familiar with food from other cultures as well," he said.

Other items on the menu include Tibetan beef dumplings, jerk chicken sandwiches and even jerk cheese squares, a combination of macaroni and cheese with jerk chicken.

Kalden said it was a challenge to get people to embrace foods with "weird names like a paratha taco."

But the truck has started to build a client base and an identity in the neighbourhood.

"The demographic in Liberty Village is like young and working, the type of people who are foodies in many ways," he said.

Paratha tacos are one of the popular fusion dishes served out of the Feed The Six food truck.
CONTRIBUTED

TALENT

Young refugee feels at home with piano

Amid years of uncertainty, the one constant in 10-year-old Marcel Ward's life has been music.

At 5, Marcel, a spunky boy with dark curls, taught himself piano on a small toy keyboard his father gave him in Syria for his birthday. Then the war came. The family left their home in Damascus a day after it was attacked in 2012, and landed in Dubai.

They applied for refugee status with help from Marcel's uncle, who'd lived in Canada for two decades, and came to Burlington later that year.

The family of four — Marcel, his 12-year-old brother Eilia, a pianist, too, mother Elham and father Manar — are now settled in Hamilton home, where Marcel plays on a wooden Kawai piano.

Wednesday afternoon, Marcel completed a level 4 Royal Conservatory of Music exam, setting him on a path to becoming a certified musician, said Elaine Rusk, the conservatory's vice president.

Rusk says his age isn't completely unusual for the level of exam he took (an average age for a level 1 test is about his age, 10), but his passion and persistence throughout his journey stands out to her.

Marcel says he prefers to play in minor. "Because I like sad songs." Why? "They make me feel happy." TORSTAR NEWS SERVICEW

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Province pondering more ID changes

IDENTITY

Ottawa wants to see a more consistent approach

Ontario is considering more changes to the collection and display of gender information on government documents, not long after announcing gender-neutral driver's licences and health cards.

Public consultations launched earlier this month look at how gender information is treated on government forms and identification documents, including birth and marriage certificates.

A preamble to an online survey says "people with transgender and non-binary gender identity may face barriers and other negative outcomes when trying to access services" so the government wants to ensure its policies are inclusive.

Ontario has already announced that starting in early 2017, drivers will be able to select an X instead of an M for male or F for female on their licences.

People can also now obtain health cards without sex information displayed on the front of the card.

"There's more work to be done on this, so we're reaching out to Ontarians to make sure we develop good policy that the government can use to make appropriate decisions about when and how to collect, retain, use and display information about persons sex and gender," Christine Burke, a spokeswoman for the government and consumer services minister, said in a statement.

Trans advocate Susan Gapka would like to see sex and gender not displayed on birth certificates. VINCE TALOTTA/TORSTAR NEWS SERVICE FILE

Trans advocate Susan Gapka would like to see sex and gender not displayed on birth certificates.

The type of changes the government is contemplating are relatively easy and low-cost to achieve, but mean so much to the community, she said.

"I was born again, so to speak, 20 years ago," Gapka said.

"Now I have to renew my health card and having the correct or the accurate way that I feel best describes me, as female, is really, really important to me. In fact, I had to change laws. We had to change laws and change society's opinions so I could have that."

The consultation survey says the government is proposing to collect gender information as the default and sex information only if needed. For example, sex is necessary for the Ontario Health Insurance Program, it says.

TORSTAR NEWS SERVICE

PUBLIC SPACE

Former graffiti artists helping to clean up illegal street art

Gilbert Ngabo
Metro | Toronto

Reformed graffiti artists in Toronto are putting their elbow grease into a program that cleans up illegal street art.

Community Centre 55 in the Upper Beaches recently launched a graffiti removal program, which sends crews out to scrub walls, signs and other sites clear of unwanted tags.

Dozens of youth charged with convicted of graffiti crimes are referred to the program by the courts, probation officers or the Toronto Police Service.

Together with summer students and volunteers from the centre, their crews have been cleaning up the walls and alleyways around their stretch of Queen East.

"It's a sort of restorative justice program for them," said program director Evonne Hossack, noting the youth get a taste of how hard it can be to remove graffiti.

The job also involves cleaning up the neighbourhood's many murals, which Hossack said gives youth an appreciation of sanctioned street art.

"It's about making young people take ownership of their community and keep it nice and clean," she said.

Since the program started, Hossack said there's been less tagging on public and private properties.

Residents who spot unwanted graffiti in the area are encouraged to tweet pictures of it to the @Centre55 on Twitter.

Biz mum on bike lanes

TRANSPORTATION

Cyclists happy with debut, businesses hold judgment

Gilbert Ngabo
Metro | Toronto

The new bike lanes on Bloor Street have cyclists ringing their bells with joy, but businesses along the stretch are reserving their judgment… for now.

"It's a 50/50 split, if you ask me," said Tom Bucklant, a barista at the Coffee Pocket near Bloor and Christie. "Some people are upset about the bike lanes, others are excited."

Vehicle traffic has been reduced from two lanes to one on Bloor, creating separated cycle tracks in both directions from Shaw Street to Avenue Road.

While most business seem willing to give the lanes a chance, others have made up their minds.

"It's terrible. Just terrible," said Jong Sik Lee, who owns a Korean bakery near Bloor and Bathurst. With no parking nearby, he says fewer people are coming in.

"I've been in business for 24 years. This is going to be the worst year," he said.

Claire McFarlane at the Sweet Pete's bike shop expects the lanes will attract more customers. She's hoping other businesses will be patient.

"Whatever the case, this is better than before," she said. "More bike lanes is always a good thing."

VIDEO

Toronto's cycling community held an inaugural ride on Friday. Metro was on hand, and video of the event can be found at metronews.ca.

A cyclist pedals along the new Bloor Street bike lanes. The lanes officially opened Friday, and the city will be closely monitoring their impact on traffic, cycling volumes and local business.
LIZ BEDDALL/METRO

RAIL DECK PARK

City battling for real estate air superiority

With Toronto's still-booming real estate market challenging developers to find new space to build, the next battle may not for the last plot of available land — but for the air above it.

That new reality is the underlying concern in a pending negotiation between the city and two national rail companies for covetable space over the rail corridor that cuts through the heart of the downtown core.

Mayor John Tory stood on one of those rare, still-to-be-developed patches of dirt in front of the rail corridor earlier this month to announce a much-needed proposal to build more parkland in the parks-deficient core — a "bold" proposal to create 21 acres on a deck over the active rail corridor on par with that of the signature Millennium Park in Chicago.

While the park was a chance for Tory to put his name to a progressive, city-building idea, moving ahead with it now is also a calculated move by the city to protect the corridor already being eyed by developers.

A spokesperson for Toronto's planning division said the rail corridor is currently zoned to permit transportation and related uses, a "significantly restricted" land use which also currently does not allow for a park to be built overhead.

A negotiation on air rights is likely to come after rezoning is approved. Keesmaat, Tory and local Councillor Joe Cressy have all stressed early discussion with the rail companies were "positive."

"Protecting the rail corridor as parkland is an essential first step," Cressy stated. "There are many out there who would love to build more condo towers alongside new park space over the corridor. If we are going to seize this once in a lifetime opportunity, protecting the rail corridor as parkland is crucial."

TORSTAR NEWS SERVICE

DEVELOPMENT

The city's chief planner Jennifer Keesmaat has said the rail-deck park could be a "landmark destination" for the whole city. The first step is the move to designate the lands as open space, which requires council's approval to amend the city's official plan: "That official plan amendment is a really important legacy part of this overall project," said Keesmaat.

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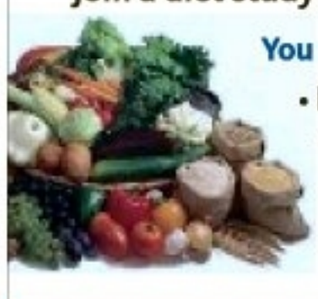

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Oleksiak could carry flag

RIO2016

Closing honour would cap off teen's dream Olympics debut

Her astonishingly successful summer job now over, Penny Oleksiak would like to do what teens around the world like to do: Chill with her friends, hang with her family, play with her dog and take a respite from a whirlwind ascension to the top of Canada's summer Olympian mountain.

But if there's one task left, one more honour for the 16-year-old swim sensation to take care of, well, that'd be pretty neat, too.

"I think getting to represent your whole country at the Olympic Games would be awesome and to walk out holding the Canadian flag, I would love to do that," Oleksiak said Sunday during yet another media session to celebrate her unimaginable Olympic debut.

Canadian Olympic Committee officials won't reveal the name of the flag-bearer for next Sunday's closing ceremonies until much closer to the end of these Rio Games but Oleksiak would be the odds-on favourite of the moment.

Toronto's Penny Oleksiak holds up the four medals she won at the 2016 Summer Olympics during a news conference Sunday in Rio de Janeiro, Brazil. RYAN REMIORZ/THE CANADIAN PRESS

Her four medals — a gold, a silver and two bronzes — put her head and shoulders above any other Canadian athlete here, her promising future would make her a natural symbol to lead Canada into the next Games quadrennial, her genuine niceness and something of an "aw, shucks" personality has endeared her to fans who wouldn't know a backstroke from a backbone.

She has become the face of the female-dominated Canadian team, a natural it would seem to lead the country out of Rio.

But if that doesn't happen — and other viable alternatives are sure to emerge in the second week of the Games — there could well be chances in her future.

> **Why can't Penny be the most medal-winning Canadian athlete in the history of Canada?**
> Coach Ben Titley

Her coach, Ben Titley, figures Oleksiak could become a household name each four years for the foreseeable future. He's got her pegged as someone who could go down with the greatest of all time.

"It would be my intention that Penny actually becomes Canada's most successful summer Olympian.... In terms of that arena, why can't Penny be the most medal-winning Canadian athlete in the history of Canada?" he said.

"If she can handle everything else, and if she understands what it means to be an inspiration to people because of what she does as opposed to what people think she is, she can do whatever she wants to do." TORSTAR NEWS SERVICE

RIO T.O.

Metro is keeping you posted about when you can catch athletes from Toronto and the GTA in action.

WHO: Shawn Barber
WHAT: Track and field
WHEN: The men's pole vault finals start 7:35 p.m. Monday.
The 22-year-old Toronto pole vaulter won gold at last year's world championships in Beijing. He also won gold at the Pan Am Games.

WHO: Chanice Chase-Taylor
WHAT: Track and field
WHEN: The women's 400-metre hurdles start at 8:30 p.m.
Chase-Taylor, 23, started running track at 13. She finished fifth at the 2014 Commonwealth Games.

WHO: Adam van Koeverden
WHAT: Canoe/Kayak
WHEN: The men's kayak single 1,000-metre sprints start 9:06 a.m.
The 34-year-old is a multiple Olympic medallist, having won silver in 2012 and 2008 and gold in 2004. He won bronze at last year's Pan Am Games in Toronto.

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MAPPED

TORONTO'S DEADLY STREETS

Pedestrian traffic fatalities in 2016

NEW FATALITY
Highway 427 at Dixon Road
Fri. Aug. 12 – Ontario Provincial Police say a 69-year-old man was hit and killed by a passing car while attempting to flag down help on Highway 427. The victim has been identified as Mikhail Sevastsyan of Maple, Ont.

LATEST FATALITIES

21 Kipling Ave & Brookmere Rd
Mon. July 4 - A 73-year-old man hit by the driver of a van

22 740 Dupont St
Tues. July 5 - A 71-year-old cyclist dies after swerving to avoid a left-turning van

23 Islington Ave & Albion Rd
Tues. July 5 - A 55-year-old man was hit by a driver

24 Parliament St & Shuter St
Thurs. July 28 - An 82-year-old man was struck by a truck driver while crossing

25 Kingston Rd & Saunders Rd
Fri. July 29 - Two pedestrians were struck. One victim died in the hospital

26 Finch Ave W & Talbot Rd
Fri. Aug. 5 - A pedestrian was hit by a car about 12:30 p.m.

TEXT: METRO
GRAPHIC: ANDRES PLANA/METRO

BRAMPTON

Cyclist fighting for life

The life of a male cyclist, 26, is in danger after he was struck by a car in Brampton, Sunday afternoon.

Shortly after 12:30 p.m., emergency crews arrived to Knightsbridge Rd. and Central Park Dr. and located the man suffering from a serious head injury, Peel Police said.

He was transported to a trauma centre in life-threatening condition.

Police say the vehicle involved with the collision remained on scene.

The intersection remains closed for investigation.

TORSTAR NEWS SERVICE

IN BRIEF

Motorcyclist dies in crash
A motorcyclist in his 30s died in hospital following a collision in Markham Sunday morning. York Regional Police say they responded to a call for the single-vehicle crash on Birchmount Rd. and Enterprise Blvd. at 2:30 a.m. TORSTAR NEWS SERVICE

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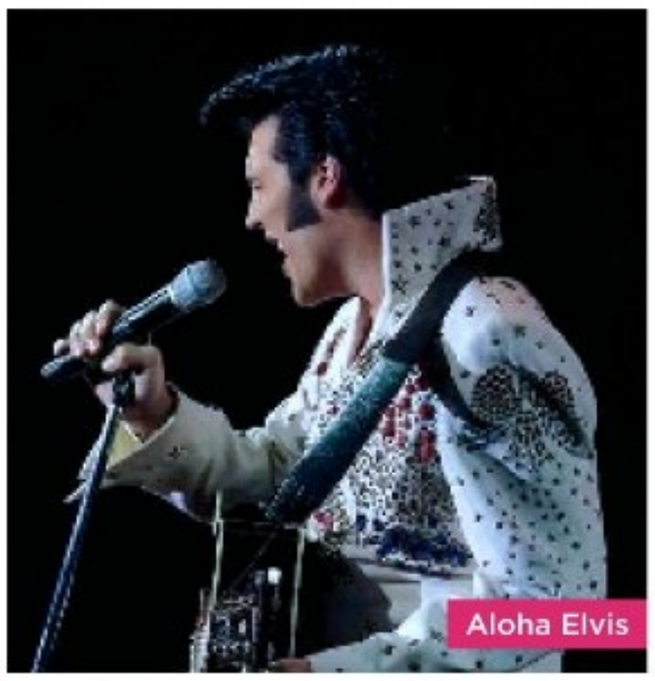
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Iraqi refugees from Mosul arrive at Khazir refugee camp outside Irbil, north of Baghdad, Iraq, on June 11, 2014. Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to an internal government case study into the Iraqi resettlement program. THE CANADIAN PRESS/THE ASSOCIATED PRESS

Iraqi refugees fared worse: Study

IMMIGRATION

Lessons from Iraqi experience applied to Syrian program

Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to an internal government case study into the Iraqi resettlement program.

The 19,427 Iraqis who arrived between 2009 and 2014 faced numerous barriers, including the trauma of the war, greater medical needs and a lack of English and French compared to others, the study found.

The data offer insight into what lies ahead for the nearly 30,000 Syrian refugees who have arrived since November, because the demographics of the two groups share some similarities, researchers say.

But the study also reveals that the groups settling Syrians last fall and earlier this year reported many of the same challenges that had already been encountered during the Iraqi experience.

The surge of Iraqi arrivals strained resources, while the complexity of the cases made it hard to provide the right support, researchers were told.

Refugees also received little information about what to expect when they arrived and struggled to find affordable housing on income supports that didn't cover the high cost of living in urban centres, the study found.

The Immigration Department said it applied some lessons from the Iraqi experience to the Syrian program.

Those lessons included improving communication with sponsorship groups, expanding the number of cities receiving government-assisted refugees and the use of international agencies to help in resettlement.

A more material change for the refugees, however, was an increase in the maximum amount of income support a family is eligible to receive — $50,000 as of May, up from $25,000.

"Some things unique to the Syrian resettlement initiative, including the resettlement of 25,000 refugees in about 100 days, made some of the lessons learned difficult to apply, but which continue to inform our processes as we go forward," department spokeswoman Sonia Lesage said.

Syrians also arrived in a different context: There was more public attention, including groups actively stepping up and offering jobs, language classes and even private-sector support to help cover housing costs.

THE CANADIAN PRESS

COMMUNITY

Muslim tour targets misconceptions

Ryan Tumilty
Metro | Edmonton

The first thing Omer Ahmed wants his fellow Canadians to know as he travels across the country is how thankful he is.

The second thing he wants them to know is that not everything they hear about Islam is accurate.

Ahmed is part of the Ahmadiyya Muslim community and is touring the country as part of a goodwill tour, called Mobile Muslims, marking the 50 years the community has been in Canada.

Visiting communities all over the country was their way of thanking Canada for taking in the first members of the community 50 years ago as refugees from Pakistan and giving them the freedom to practice their religion.

Omer Ahmed
RYAN TUMILTY/METRO

"We wanted to go coast to coast thanking Canada, meeting as many people as possible," he said in front of the group's trailer.

With a near constant barrage of bad news stories linking Islam with terrorism and violence, Ahmed said they also wanted to clear up some of the misconceptions about his faith.

Ahmed said his community emphasizes non-violence and believes Daesh and other terrorist groups are ignoring the teaching of Islam for their own murderous ends.

The group travelled through Eastern Canada beginning in St. John's and travelling through to Toronto, before heading out on a Western Canadian trip that has taken them through Northern Ontario, Manitoba, Saskatchewan and now Alberta over the last 14 days.

TORONTO THANKS YOU

Students have fun with the sled while strength training with Pokémon Go during Ampfit's Sweaty Saturdays. WANYEE LI/METRO

Pokémon Go part of exercise routine

HEALTH

If you can't beat 'em, join 'em, says one B.C. trainer

Wanyee Li
Metro | Vancouver

Convincing people to work out can be a difficult task, especially when they are busy playing Pokémon Go on their phones.

But one B.C. trainer is taking a if-you-can't-beat-them-join-them approach and incorporating Pokémon Go with strength training classes.

"Over 60 per cent of the students play," said Owen Chau, owner of AMPfit, a strength training gym in Richmond.

"It just felt natural to do a class where they can focus on doing a little bit of exercise that isn't just walking while having fun with the game as well."

Every Saturday afternoon, Chau's students arrive at the gym, strap on their phones, open the Pokémon Go app, and start working out.

Pokémon Go trainers must walk a certain distance to hatch eggs in the game, which eventually turn into Pokémon, explained Chau.

By incorporating the game with weight training exercises, students can increase their fitness and hatch Pokémon at the same time.

The class, called "Sweaty Saturdays," is optional for students — it's a time when they are encouraged to challenge themselves a little more, said Chau, who was a national wushu martial artist before opening AMPfit three years ago.

> Many see what we do as scary and intimidating, but what we actually do is just teach them how to believe in themselves. Owen Chau

The students use kettle weights and barbells to weight train and are usually not able to finish the three or five kilometres required to hatch an egg in one single class, but it's a motivator nonetheless, he said.

Sweaty Saturdays is reserved for people who are already in the full-week AMPfit program, but people who want to try weight training à la Pokémon Go can sign up for private or group sessions.

"Aside from hatching Pokémon eggs or helping people play their game, the main focus is helping people move better and gain confidence," he said.

"Many see what we do as scary and intimidating, but what we actually do is just teach them how to believe in themselves."

But the strength trainer is not ready to become a Pokémon trainer just yet.

"I'm really close to possibly downloading it — but I'm staying away."

POLITICS

Feds prep for U.S. election outcome

The Canadian government has begun a wide-ranging exercise to plan for the potential effects of the American election, including the possibility of a President Donald Trump threatening to scrap the North American Free Trade Agreement.

The government is mapping out a complex array of outcomes for various results including a Democratic presidency; a Republican presidency; and either a Congress where both parties split power, or one dominates.

The process involves the embassy in Washington, Canada's dozen consulates in the U.S., numerous federal departments, and it is being centrally co-ordinated by the ministers on the cabinet committee for Canada-U.S. relations.

"If I tried to show you an organizational chart it would take up an entire wall," Canada's ambassador to the U.S., David MacNaughton, said. He's listing the implications of different election results for important files. Some issues will be deeply affected — climate change is an obvious example.

THE CANADIAN PRESS

EQUALITY

Trudeau marches in Montreal Pride

Taking part in his third Pride parade as prime minister on Sunday, Justin Trudeau said the world looks to Canada for leadership in the fight for universal recognition of the human rights of gay, bisexual and transgender people.

Just like in the Toronto and Vancouver parades, Trudeau became the first sitting prime minister to walk in Montreal's pride march and was welcomed warmly by the thousands of people who came out for the festivities.

In his remarks before the march Trudeau said it's still important for politicians to take part in pride parades because "there is still a lot of work to do."

The governing Liberals recently introduced transgender rights legislation. The Globe and Mail reported last week the government will soon offer a formal apology on behalf of the country to people in the LGBTQ community for past state-sponsored discrimination.

"We know people look to Canada to see the example," he said in French. "And we will continue to work hard to push the limits of what other countries do because we have to send the message that LGBTQ rights are human rights."

U.S. actress and TV host Raven-Symone, who is an honorary co-president of this year's parade, told reporters before the march that gay people are more than their sexuality or gender. They are educators, doctors, politicians and family, she said.

"Others try to describe our community in just two things: sex and gender," she said. "And sadly, because of their lack of understanding, what happens in our bedroom and in our pants cast shadows on who we are as people."

Alongside Trudeau were many provincial and municipal politicians including Premier Philippe Couillard and Montreal Mayor Denis Coderre. THE CANADIAN PRESS

Justin Trudeau waves the rainbow flag in Montreal on Sunday. THE CANADIAN PRESS

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PAWTUCKET, RHODE ISLAND

'Sick of Scandals' ticket lands on ballot

A candidate trying to unseat the incumbent mayor of Rhode Island's fourth-biggest city isn't a Democrat or Republican.

John Arcaro declares himself a member of the "Sick of Scandals" movement, and state election officials are allowing him to include the phrase on the ballot next to his name.

Arcaro said he came up with the idea to get corruption-weary Pawtucket residents behind his candidacy.

He also believes the phrase has universal appeal, not just in a small state with a history of cronyism.

"We obviously have a very notorious reputation," Arcaro said. "But the opportunity's pretty much everywhere, or the conditions to be corrupt and so forth."

Arcaro said he was partly inspired by New York's Rent is Too Damn High Party, whose founder attracted wide attention for his populist campaigns for governor and other offices.

Independent candidates who don't belong to a registered party in Rhode Island can declare a political principle on their candidacy forms. It's included on the ballot if it's no more than three words and doesn't mention any of the state's official parties: Democratic, Republican and Moderate.

THE ASSOCIATED PRESS

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TORONTO STAR
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WEATHER STORM WREAKS HAVOC ON LOUISIANA Flooded areas in Denhamp Springs on Saturday. Gov. John Bel Edwards says more than 7,000 people have been rescued from homes, cars and even clinging to trees. THE ADVOCATE VIA THE ASSOCIATED PRESS

Muslims fearful after imam slaying

NEW YORK

Friends say shooting of mosque leader a 'hate crime'

The daylight slaying of a mosque leader and his associate set off fear and anguish Sunday among Bangladeshi Muslims in a New York City neighbourhood, with some saying the killings appear to be an anti-Muslim hate crime. But police said there is no evidence so far to support that.

Police hunted for the gunman who killed Imam Maulama Akonjee, 55, and Thara Uddin, 64, near the Al-Furqan Jame Masjid mosque in Queens as they left afternoon prayers Saturday in their traditional religious attire. Both men were shot in the head.

"This was a hate crime. One hundred per cent, there's no doubt about it," said Monir Chowdhury, who worshipped daily with the two men.

He said he had moved to the community because of its large Bangladeshi immigrant population, but in recent months has been harassed by people shouting anti-Muslim epithets. In one incident, a man called him "Osama" as he walked to the mosque with his three-year-old son. With the killer still on the loose, Chowdhury decided it would be best to drive to prayer services.

THE ASSOCIATED PRESS

Maulama Akonjee
THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Monday, August 15, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

A bank teller in her 20s called me "Honey," Sweetie," and "Cutie" in the course of a single interaction. I'm in my 50s. I think this is disrespectful. What do you think?

Dear Ellen,

I was at a TD bank recently, where a woman in her mid- to late-20s was my teller. I am in my 50s. She called me "Honey" ("What denominations do you want, Honey") and then "Sweetie" ("Anything else, Sweetie?") and then said, "Thanks, Cutie." I said nothing. But, oh, how I thought about saying a lot. She was incredibly nice, and clearly good at her job. She (or someone there) must believe this is good customer relations. It's not.

Thoughts?

Insulted

Dear Insulted,

The TD teller is not the only culprit. Despite the fact that many of us Boomers still dress like teenagers, carefully colour our hair, and assiduously remedy (to varying degrees) any signs of aging on face or body, young'uns worldwide still seem to perceive us as "elderly" — and patronize the hell out of us.

The irony is annoyingly obvious. The generation that grew up on a mantra of "Don't trust anyone over 30" is now being treated as if WE are over 30!

Admittedly, when I was young, I viewed people older than myself as invisible, irrelevant, uninteresting and unimportant. So you might say I'm getting my just deserts.

The generation that grew up on a mantra of 'Don't trust anyone over 30' is now being treated as if WE are over 30!

As a Boomer, however, I reserve the right to instruct every succeeding generation on how to think and act. As my own dear mother, God rest her soul, used to say: Do as I say, not as I do. (Naturally, I dismissed most of her wisdom while she was alive. But it's surprising how much of it I remember and use now.)

So, dear Insulted, I completely agree that you are right to feel offended at being called "Honey," "Sweetie," and "Cutie." I myself tend to get called "Dear" and am now wondering why I never get called "Cutie." But I digress. My point is that it's wrong, disrespectful and rude to address anyone older than yourself as if they were a child, or in any way incapacitated.

This obviously applies to young-looking, vibrant, age-defying Boomers such as me and (presumably) you. But it also applies even if the person you are addressing is a senile, drooling centenarian in diapers. Yes, you are allowed to yell if they can't hear, spoonfeed them if they can't eat properly, dress them, lead them or carry them as necessary. You may also speak more slowly and clearly than you usually do, talk of childish things, and patiently repeat answers to inane questions ad nauseum.

But your mode of address must at all times remain properly courteous. Use their name, as you would with any contemporary. Banish all those condescending epithets from your vocabulary forever more. Speak to us old folks as equals, please, allowing us to retain whatever dignity we can in our declining years.

And hope to hell the next generation treats you with equal respect.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

If a change of heart is genuine, does it matter how or why it happened?

What does it take to change a mind?

Also: what should it take?

In Ontario, the arrival of a new sexual education curriculum last year revealed a minority and predominantly religious population staunchly opposed to aspects such as teaching diverse sexual identities, or really much about sex at all. Among them, Catholics.

And among Catholics, Angela Kennedy. But the chair of the Toronto Catholic School Board did an about-face on the issue this summer. After learning her son had been sexually abused as a boy, after he said a dispassionate and basic grounding in sex ed may have helped him recognize the abuse as such, after facing pressure from her other six boys and taking another look at the curriculum, Kennedy changed her mind.

The media widely reported her story, and some criticized her for needing a personal experience to "see the light," as it were. Then there's the question of Catholic backlash.

In an interview for my Nth Wave podcast, Kennedy described a fallout far more nuanced and surprising than one might expect. Instead of an onslaught of Catholic outrage, she's been receiving an outpouring of gratitude.

"There have been some negative comments, but it feels like 10 per cent are negative and 90 per cent are positive," she told me. So some Catholics were yearning for someone like them to support the curriculum? I asked.

"They were!" she said. "The principals at the schools are saying thank you, thank you, now we're OK to talk about this with our parents."

It's a sentiment that surprised her — how could her change be so freeing for others? But it has been, a fact that polling might help explain. A Forum Research poll conducted around the time of Kennedy's reversal found that 61 per cent of Catholics supported the curriculum.

Of those opposed, some have called for Kennedy's resignation. Others have taken one-on-one meetings with her in attempts to change her mind, again. She's tells them the same thing: "You should talk to parents, tell them to embrace the curriculum, and suggest that they stay close to their children and teach them the values that they want them to have." (Not a uniformly well-received response.)

Kennedy remains shocked at how silent the curriculum's supporters had been until she changed her mind. It makes her wish she'd done it sooner. But it wasn't easy: months in the making, under pressure from those she loved, in the face of political risk.

We may not like what it takes to change some minds. But among many of Toronto's Catholics, it appears to be well worth it.

Hear Rosie's talk with Angela Kennedy on 'Nth Wave': metronews.ca/podcasts

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Obesity may age the brain by 10 years, according to U.K. researchers

Flesh out the facts about meat

DIET

There's a new health enemy No. 1, but is it really that bad?

Sugar, salt, saturated fat. They've all had their turn in the spotlight, with studies and media reports vilifying each one for chipping away at your lifespan or increasing your risk of one disease or another.

But the latest headlines point the finger at a different health enemy: Meat.

"Eating more animal protein increases risk of death, plant protein reduces it," warned a CBC story in August, following the highly publicized release of a large U.S. study. "Meat in Modern Diet, Just as Bad as Sugar, Correlates with Worldwide Obesity," reads the headline of a research paper published earlier this summer. And last year, the World Health Organization's cancer agency classified processed meat like ballpark hotdogs and greasy bacon as a cancer-causing carcinogen, while declaring red meat such as beef, veal, pork, lamb and mutton as a probable carcinogen to humans.

"People want to blame something for their s----y health, and their s---y diet. Now it's meat. Before it was sugar. Before it was carbohydrates. That's just human nature," says Abby Langer, a Toronto-based registered dietitian.

There is, it seems, a war on meat — but the reality is more nuanced than the headlines.

> **People want to blame something for their s----y health, and their s----y diet. Now it's meat. Before it was sugar. Before it was carbohydrates.**
>
> Abby Langer, a registered dietitian

Much ado about meat

Criticism of a meat-based diet often focuses on environmental and ethical arguments, with food researchers and vegans alike highlighting everything from unnecessary cruelty to animals to the dire environmental impact of meat production.

In recent years, however, the dialogue has shifted, focusing more narrowly on the personal health impacts of our steak-craving, burger-guzzling Western culture.

As Hillary Clinton trotted along the campaign trail earlier this year, her husband was doing the same — lauding not only his wife's presidential ambitions, but also something else close to Bill's heart: His nearly meat-free diet. Adopting a mostly vegan lifestyle amid his ongoing heart troubles "changed my life," the former president told the media at a campaign pit-stop in Las Vegas in February.

He's a politician, not a doctor, but Clinton's view does line up with a growing body of evidence highlighting the risks of eating meat.

In Canada, a diet high in processed meat is 7th on a ranking of the top dietary risks for death, while a diet high in red meat is 14th, according to a 2015 report from the Canadian Medical Association.

Though the news seems dire for meat-lovers, other food experts paint a more complicated picture of meat's risks and benefits than headlines or statistics can convey.

The nuanced reality

Meat isn't "deadly," says Dr. Tom Wolever, a professor of nutritional sciences at the University of Toronto and medical staff member at St. Michael's Hospital. The bigger problem, he says, is portion sizes.

"Usually, you go to restaurants, and it's a huge portion of meat and one slice of carrot and not much else," Wolever says. "The portions need to be readjusted."

You can have a healthy diet and still eat meat in moderation, echoes Laura Rosella, a Canada Research Chair in population health analytics and an assistant professor at the University of Toronto's Dalla Lana School of Public Health.

"I think meat's being vilified a little bit, and the messaging isn't as nuanced as it should be," she says, adding the backlash began about five years ago.

Despite the furor, meat's nutritional benefits can't be ignored.

It's a valuable source of protein, vitamins A and B1, B12, niacin, iron, and zinc, notes Switzerland's 2015 review. It can also satiate hunger more so than other foods, Rosella says.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

From wackness to life and destiny

THE SHOW: The Get Down, Season 1, Episode 2 (Netflix)
THE MOMENT: The turntable lesson

In a secret apartment in a burned-out building in late-1970s Bronx, godlike DJ Grandmaster Flash (Mamoudou Athie) teaches his acolyte Shaolin Fantastic (Shameik Moore) to work a dual turntable.

"Now listen," Flash says, playing a dull stretch of song. "That is a void of useless nothing, the wackness. But —" he spins the record to a melodic hook, the get-down — "that is life and destiny."

Deftly, he spins one get-down while lining up the same spot on a second, identical disc, creating an endless, ecstatic loop of beat. Then he turns the volume down and lets both platters play while he slowly circles the room.

"You must be like Bruce Lee, never in disarray," he says. "Arrive, depart, the same every time." He flips the volume back on. The record is exactly on the get-down.

"How did you do that?" Shaolin cries.

"Because I know time," Flash purrs.

The first hour of this series, from acclaimed director Baz Luhrmann, is pretty disjointed. But stick with it, and you will spend the next several hours with a grin plastered to your face. Once he's established his milieu, the party begins — he soars from realism to magic realism, and keeps rising, like one of Flash's beats.

Luhrmann throws everything at the screen and doesn't care what sticks where: Kung Fu, disco, Star Wars, graffiti, audio cassettes, corrupt politicians, crooked developers, West Side Story, Arthurian legend, and a street gang straight out of Walter Hill's 1979 classic The Warriors. The result? Joy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Baz Luhrmann's The Get Down soars from realism to magic realism, and keeps rising, like DJ Grandmaster Flash's beats, writes Johanna Schneller. CONTRIBUTED

Be thrifty, not cheap

ADVICE

There's no shame in being smart with your money

Gail Vaz-Oxlade
For Metro Canada

'I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.'
Gail Vaz-Oxlade

I have known some cheap people. They are the folks who show up at a party with two bottles of beer and then drink a dozen. They are the ones who leave the tax and tipping to every one else at the table. They're the friends who forget their wallets, offer to pick up the next one, cry poor at every turn but are happy to have you foot the bill.

Hey, nobody likes a tightwad, which is why jokes about being cheap make us laugh. Ever hear the one about being tighter than paper on the wall? How about the one about squeezing a nickel 'til the beaver poops!

Thrifty is a whole 'nother matter. Articles abound about how to be thrifty with your shopping, cooking, entertaining, gardening, and gift-giving. And our focus on doing good for the environment (recycling, using reusable shopping bags, conserving energy) not only assuages our guilt, it's thrifty.

Benjamin Franklin was an apostle of thrift. He's famous for it and has left behind pithy little sayings like, "waste neither time nor money, but make the best use of both."

Your grandparents may not be famous, but they knew how to be thrifty too.

With lots of kids, far fewer financial resources, and NO CREDIT, they had to find ways to make do. They actually did better than make do; they had good lives. Did you know that the root of the word "thrift" is "thrive?"

If you've been erroneously associating thrift with being cheap, perhaps it's time to reorient your thinking.

It isn't about being stingy. It's about building prosperity through careful management of resources.

It isn't about being miserly. It's about embracing a way of life that lets ordinary people have a good life while they save and share.

Happily people seem to be shrugging off the "cheap" label and enjoying the idea of thrift. With the scare of an economy that's tilted precariously, folks have decided to embrace their thrift and take better care of their pennies.

I'll willingly admit to being thrifty.

The way I do this (mostly) is by not spending money on crap I don't need. If I need a lipstick, I buy a lipstick. I don't have 30 lipsticks sitting in purses and drawers.

If I want a new pair of shoes, I buy a new pair of shoes, but it's usually because I'm getting rid of a pair that's worn out, not because I'm adding to my "collection."

I hate throwing out food. I despise feeling like I've wasted my money on something because I didn't think about the purchase carefully. So I don't make myself feel bad. I do the thrifty thing and stay on the right side of my demons.

I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.

There are some things on which I spend a lot of money: books, plants for my garden, my pooch, Tabitha.

But that's money I have and I spend it liberally on purpose, not because I'm trying to impress or show off.

Being thrifty with your money is smart. Wasting it is dumb.

You get to decide which label you prefer.

For more money advice, visit Gail's website at gailvazoxlade.com

WORK SOLUTIONS

Teachers head north to help communities

Kyle Hill, executive director at Teach for Canada, speaks at the organization's three-week training program in Thunder Bay. CONTRIBUTED

Lyn Blackburde knew the Teach for Canada program was making a difference in her northern community when the kids suddenly stopped whining about going to class.

"It turned around from 'I don't want to come to school' to 'I can't wait until Monday, I want to go back to school.' They're disappointed that the weekend is there. They're really motivated," said Blackburde, principal at Big Grassy River First Nation's local school, in northwestern Ontario, near the Manitoba border.

"I took that chance and started to work with them and it was the best decision ever," she said.

Teach for Canada is a Toronto-based non-profit organization that works with First Nations communities to recruit teachers and prepare and support them during their two-year stints up north. They currently have 32 teachers getting ready to work in 13 indigenous communities this fall.

Kyle Hill, executive director at Teach for Canada, said a three-week summer enrichment program for the teachers in Thunder Bay aims to educate them about the history and culture of indigenous peoples, community values and norms, and mental health and wellness.

Northern communities have long struggled with education, often receiving teachers with little experience or appropriate training, and dealing with issues of isolation and high drop-out rates.

To make sure the program is effective, Teach for Canada works directly with communities to ensure they get teachers that are right for them.

"We put together a database, a pool of teachers they can select from and that pool is highly qualified and pre-screened, but they do the hiring," said Hill.

He said they make sure the communities are the centre of everything, and even fly down community members to Toronto and Ottawa for 90-minute interviews with teachers they've selected.

"The community voice is always present at the table and has been a huge factor to our success. That has led to great teachers who are a good fit because they were selected by the communities," said Hill.

Blackburde was part of this process and was pleased to hear a number of teachers had already been lined up for her to interview.

"For Teach for Canada to have done the work with regards to finding the teachers, with the understanding they'll be coming into First Nations communities and working with First Nations people … you know, that's half the battle right there."

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DIGITAL

YouTube's Lilly Singh keeps soaring

Canadian YouTube star Lilly Singh has a laundry list of recent accomplishments.

This year alone, she's made Forbes' 30 Under 30 Hollywood & Entertainment list; had cameos in Bad Moms and Ice Age: Collision Course; announced a book deal; and is heading to the Rio Olympics with Coca-Cola to capture content.

One of the biggest accomplishments for the 27-year-old Toronto native, whose YouTube handle is IISuperwomanII?

"I've done a lot of really cool stuff but at the top of my accomplishment list is definitely collaborating with the Rock or just becoming friends with him," she said, referring to actor Dwayne Johnson, during an interview before Saturday's YouTube FanFest in Toronto.

"He's kind of like my mentor in certain situations."

Johnson recently appeared in a segment with Singh on her YouTube channel, which has over 9.5 million subscribers.

"I think his career should be a case study, to be honest," she said. "He has just maintained relevancy, he's such a hard worker and he's a really nice guy."

Singh was at YouTube FanFest to perform material from her new rap video Voices, which runs nearly 11 minutes long.

Lilly Singh at the YouTube FanFest at the Molson Canadian Amphitheatre in Toronto on Saturday. TORSTAR NEWS SERVICE

She said the video is about the evolution of herself, as a person.

"It was difficult to open that part of myself, because I'm so used to being one side of myself, on camera — the goofy, silly side of Lilly that's, like, dressing up as boys and doing silly things," she said.

"It was difficult for me to be like, 'OK, now I need to actually tune into my cocky side that we all undeniably have, tune into that side that's scared and just really be honest and raw."

The video blogger and comedian — who now lives in Los Angeles and wants to do more acting — is also opening up in her upcoming book, How to Be a Bawse: A Guide to Conquering Life, due out next March.

"I definitely am able to communicate things in a way I don't do in my videos, a different comedic tone," she said of the writing process. "It's kind of more sophisticated in some ways and it's more in-your-face."

While Singh's message of empowerment and female support is an inspiration to her fans, the person who has done that for her all her life has been her mom.

"My mom is the strongest person I know," she said. "She's funnier than me but she's such an inspiration to me."

THE CANADIAN PRESS

YOU CAN DO THIS CARPENTER

'A career I genuinely care about'

THE BASICS: Carpenter

$48,568
Median annual salary for an intermediate-level carpenter. Those with advanced training and experience can earn upwards of **$76,000** annually.

+6%
Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.ca, onetonline.org and jobbank.gc.ca

WHY I LIKE MY JOB

Chris Palmer, 34, Custom Carpenter for Hand Crafted by: Chris Palmer – Oshawa, ON

I never knew how much I loved wood until I started working with it full-time.

As a kid I was transfixed by TV shows like The New Yankee Workshop, which I think is what motivated me to enrol in Humber College's industrial design program. There, I gained valuable skills that enabled me to design and manufacture whatever I was passionate about. Following graduation, I was hired on by a firm that specialized in the design of store displays; however, I noticed I was spending a lot of my spare time building things for fun in my garage. I started crafting furniture for my sister, which ultimately inspired me to launch my custom carpentry business. Truthfully, I felt so much happier chasing a career that I genuinely cared about. Since incorporating my business, I've been able to leverage my training in 3D CAD modelling and handcrafting to provide my clients with fully functional, long-lasting items like dining tables, sheds, garage doors, decks — you name it! My philosophy is to simply allow my creativity to flow and to never give in to roadblocks.

HOW TO START

An apprenticeship program is the typical starting point for an aspiring carpenter. Most programs provide upwards of 5,400 hours of on-the-job training, enabling apprentices to earn a paycheque while in pursuit of a formal designation. Within four years, most apprentices will be fully trained for roles in residential and commercial construction, home renovations, furniture making and more.

WHERE YOU CAN GO

Carpentry is generally viewed as a safe, recession-proof industry. For one, the ongoing need for residential renovations and repairs has secured thousands of potential projects for years to come. Many opportunities exist in specialty woodworking shops, construction firms, manufacturing plants and government agencies. Alternative career paths include piecework carpentry (for those interested in crafting and repairing tables, chairs, cabinets or other wooden items) and self-employment.

NEXT CAREER STEP

An experienced carpenter may opt to pursue the Interprovincial Standards' Red Seal designation, which authorizes professionals to work anywhere in Canada. College and university programs may also be of value to craftspeople seeking advanced roles as superintendents, site managers, project managers or safety directors.

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metro RIO

Toronto boxer Arthur Biyarslanov hinted at a move to the pros in a Facebook post after his loss to Germany's Artem Harutyunyan

PHOTOS BY GETTY IMAGES

1 **Fastest man alive** — Usain Bolt of Jamaica won the men's 100 metres in a time of 9.81.

2 **Golf's Rose-y return** — Great Britain's Justin Rose won the first golfing gold medal at the Olympics in 112 years Sunday, beating Henrik Stenson of Sweden by two strokes.

3 **Repeat champ** — Andy Murray of Great Britain beat Argentina's Juan Martin Del Potro 7-5, 4-6, 6-2, 7-5 for his second consecutive gold in men's tennis singles.

4 **Marathon woman** — Jemima Jelagat Sumgong became the first Kenyan to win the women's Olympic marathon.

Canadian 100-metre bronze and beyond

RIO2016

De Grasse places third in showcase race, Bolt wins gold

Andre De Grasse proved once again that he can run with the best sprinters in the world.

The Canadian flew to a personal-best time of 9.91 seconds to take the bronze medal in the men's 100-metre sprint Sunday at the Rio Olympics.

"To be able to be a part of history here in Rio is amazing. I have so much to learn from that race. I just need to work harder for next year," the 21-year-old told CBC.

De Grasse beat his bronze-medal time from the 2015 world championships by one-hundredth of a second, trailing only the legendary Usain Bolt (9.81) and American sprinter Justin Gatlin (9.89) in a star-studded field.

Andre De Grasse
AFP/GETTY IMAGES

Bolt, who has stated this would be his last Olympics, won gold for the third straight Games.

"He feels like I'm the next one and I'm just trying to live up to it," De Grasse said of a post-race exchange he had with Bolt.

"I feel like I'm capable of doing it."

Athletics Canada head coach Peter Eriksson said De Grasse should be the favourite at the 2020 Tokyo Olympics.

"I think so definitely," Eriksson said. "He's now on the stage where he can be the greatest Canadian athlete ever."

The sprinter form Markham kept Canada's medal streak alive. Canadian athletes have won at least one medal on every day of competition and sit 11th in the total medal standings with 13 (two gold, two silver, nine bronze).

He also is the first Canadian male athlete to win hardware in Rio. Canada's Olympic women claimed the country's first 12 medals.

De Grasse now shifts his focus to the 200 metres, which begins Tuesday and wraps up on Thursday night.

He will also compete in the 4x100-metre relay. The qualifying heats take place Thursday. The final is Friday night.

THE CANADIAN PRESS

RIO Trips to the podium

MacLennan leads Canadian charge Friday

Rosie MacLennan etched her name in Canadian Olympic history on Friday.

MacLennan delivered an impressive mix of flips, twists and jumps in her final routine to repeat as women's individual trampoline Olympic champion, becoming the first Canadian summer athlete to successfully defend an individual Olympic title.

Also Friday, Canadian rowers Lindsay Jennerich and Patricia Obee won silver medal in the women's lightweight double sculls and swimmer Hilary Caldwell added a bronze in the women's 200-metre backstroke.

Rosie MacLennan GETTY IMAGES

Theisen-Eaton claims heptathlon bronze medal

Brianne Theisen-Eaton of Humboldt, Sask., put a tough first day of the heptathlon behind her and fought back for a bronze medal Saturday.

Earlier in the day, Canada's track cycling team defeated New Zealand to win the pursuit bronze. Kirsti Lay, Allison Beveridge, Georgia Simmerling and Jasmin Glaesser made up the team. THE CANADIAN PRESS

metro SPORT

With Giancarlo Stanton injured, the Miami Marlins are discussing whether to reach out to recently released Alex Rodriguez.

Strong Stroman on cloud nine after taming Astros

Marcus Stroman picked up his ninth win of the season as he cooled off the Houston Astros' hot bats at Rogers Centre Sunday afternoon. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

MLB

Jays ace helped out by Martin and Tulowitzki to clinch series

Marcus Stroman continued his stretch of solid starts on Sunday afternoon, limiting the opposition to one earned run for the third time in five starts as the Blue Jays defeated the Astros 9-2.

Stroman (9-5) allowed two runs, one earned, on five hits while striking out eight. The 25-year-old has won three of his last four decisions after dropping four of his previous six.

"I've been feeling good lately," he said. "It felt like any other day, just got rolling and felt like I had pretty good action on my pitches early."

The victory moves the Blue Jays to a season-high 16 games above .500. Toronto (67-51) has now won six of their last 10 series, going 12-7 in that stretch. The Astros (61-57) have dropped consecutive games after winning four straight on the road.

Troy Tulowitzki and Martin hit back-to-back home runs in the fifth inning to blow the game open for the Blue Jays, who have now won nine of their last 13 in Toronto.

Tulowitzki put Mike Fiers' fastball into the second deck at Rogers Centre for a two-run home run giving the Blue Jays a 4-1 lead. Martin followed it up by taking Fiers' first pitch yard for his 10th homer of the season — it marks the seventh time this season the Blue Jays have hit back-to-back home runs.

Martin's long ball knocked Fiers (8-6) from the game. The Astros starter went 4 2/3 innings allowing five earned runs on seven hits while striking out seven.

"Hit some homers. Everybody always says, 'Well there's more to it than that', but that's accurate, that's what we do best," said manager John Gibbons of the Blue Jays out-scoring the Astros 16-9 in the three-game series. "We've got guys that when they're hitting them… the key is to get some guys on base and then pop one here or there."

Martin showed off his defensive game in the seventh, leaning into the Astros dugout to grab an Alex Bregman foul ball.

"You don't get those opportunities very often," Martin said. "It was just nice that it came up in a big situation and kind of sparked the guys after — them hitting the ball hard, weathered the storm a little bit and got us back in the right direction."

Edwin Encarnacion gave the Blue Jays a 6-2 lead, hitting a solo home run off of Luke Gregerson in the seventh. The homer ties Encarnacion with Baltimore's Mark Trumbo for the Major League lead (33).

Toronto put up another three spot in the eighth, increasing its lead to seven.

Melvin Upton Jr. delivered an RBI single and later scored while Josh Donaldson was issued a bases loaded walk by Astros reliever James Hoyt.

The Blue Jays got to Fiers early, taking a 1-0 lead on Tulowitzki's RBI single in the first. The veteran shortstop finished the day 3 for 4 with three runs batted in.

Astros shortstop Carlos Correa extended his hit streak to a career-best 10 games with a leadoff single in the second, and later scored on a Stroman throwing error tying the game 1-1.

THE CANADIAN PRESS

AL EAST

	W	L	PCT.	GB
Jays	67	51	.568	-
Orioles	66	51	.564	.5
Red Sox	64	52	.552	2
Yankees	60	57	.513	6.5
Rays	47	69	.405	19

THE ASSOCIATED PRESS

RIO2016

Lochte robbed at gunpoint

The U.S. Olympic Committee says Ryan Lochte and three other American swimmers were robbed by armed men who stopped their taxi.

USOC spokesman Patrick Sandusky says Lochte and the others left the French Olympic team's hospitality house early Sunday in a taxi headed for the athletes village, hours after the last night of Olympic swimming.

He says "the taxi was stopped by individuals posing as armed police officers who demanded the athletes' money and other personal belongings."

Sandusky says the four swimmers are "safe and cooperating with authorities."

Lochte swam in two events at the Rio Games, winning gold in the 4x200-meter freestyle relay.

Ryan Lochte
GETTY IMAGES

Lochte and three other American swimmers were robbed at gunpoint early Sunday by thieves posing as police officers who pulled over their taxi and took cash and credit cards.

Nobody was hurt, but Lochte told NBA's "Today" show that one of the robbers put a cocked gun to his head and ordered him to get on the ground.

Street crime is among the litany of problems the Olympics has struggled with. Brazil deployed 85,000 soldiers and police to secure the first games in South America.

But last week a Brazilian security officer was fatally shot after taking a wrong turn into a slum, two Australian rowing coaches were attacked and robbed in Ipanema and Portugal's education minister was held up at knifepoint on a busy street.

In addition, stray bullets have twice landed in the equestrian venue, and two windows were shattered on a bus carrying journalists in an attack that local organizers blamed on rocks and others claimed was gunfire.

THE ASSOCIATED PRESS

GOLF

Moore holds nerve for John Deere win

Ryan Moore won the John Deere Classic on Sunday for his fifth PGA Tour title, closing with a 4-under 67 for a two-stroke victory over Ben Martin.

The 33-year-old Moore finished at 22-under 262 at TPC Deere Run, playing the final 46 holes without a bogey and making only one in 72 holes. He won for the first time since successfully defending his CIMB Classic title in Malaysia in 2014.

Martin had three straight back-nine birdies in a 68.

South Korea's Whee Kim shot 67 to tie for third with Morgan Hoffmann (71) at 17 under.

Moore birdied Nos. 2, 4, 9 and 10 and closed with eight pars. He had a five-stroke lead when Hoffmann bogeyed the 12th hole. Martin, playing with Moore in the final twosome, birdied Nos. 12-14, but couldn't get closer than two strokes. Martin parred his last four holes, and Hoffmann his final six. THE ASSOCIATED PRESS

IN BRIEF

Panthers shuffle staff

Carolina Panthers special teams co-ordinator Bruce DeHaven has decided to step down from his position and move into an advisory role with the team while continuing his battle with prostate cancer.

The team announced Sunday that Thomas McGaughey has been promoted to special teams co-ordinator and Chase Blackburn to special teams assistant.

THE ASSOCIATED PRESS

MLB

Betts belts three as Sox see off Greinke

Mookie Betts hit three home runs and drove in a career-best eight runs and Dustin Pedroia collected five hits to power the Boston Red Sox to a 16-2 rout of the Arizona Diamondbacks on Sunday.

Rick Porcello became the first Red Sox pitcher in 70 years to open a season 12-0 at Fenway Park, improving his overall record to 16-3 as Boston completed a three-game sweep of Arizona.

Betts had two chances to hit a fourth homer, but lined out to right and then grounded out in the eighth inning. The crowd chanted 'Let's Go Mookie!' before his final at-bat.

Outfielder Jackie Bradley Jr. chipped in with a two-run homer for the Red Sox, who closed a six-game homestand at 4-2.

Diamondbacks' staff ace Zack Greinke (11-4) was tagged for three homers and nine runs in 1 2/3 innings.

THE ASSOCIATED PRESS

Reds give Arsenal their Phil

PREMIER LEAGUE

Liverpool open with a bang, Man United cruise to win

A rampant Liverpool came from behind to beat Arsenal 4-3, while Manchester United began its new era under Jose Mourinho with a 3-1 win at Bournemouth in the opening games of their English Premier League seasons on Sunday.

Theo Walcott put Arsenal ahead at Emirates Stadium, but his side was soon overwhelmed after Liverpool levelled through Philippe Coutinho on the stroke of halftime and then raced into a 4-1 lead after the break.

Hit by injuries to Arsenal's first-team regulars, a youthful second-string defence was torn to pieces by Liverpool's fluent passing and clinical finishing in the second half. Classy goals by Adam Lallana, Coutinho and Sadio Mane put the Reds in control before Alex Oxlade-Chamberlain and Calum Chambers scored to give Arsenal hope, in vain.

Philippe Coutinho scores on Sunday in London. GETTY IMAGES

Liverpool manager Jurgen Klopp, in his first full season in charge, saw both sides of a sensational result.

"Scoring four goals is wonderful, conceding three is the opposite of that emotion," he said. "It was hard work but a deserved win in the end. It feels brilliant at the moment, actually."

Mourinho's first league game in charge of United was a comfortable affair and included a fine goal by 34-year-old Zlatan Ibrahimovic on his Premier League debut.

Juan Mata opened the scoring five minutes before halftime and captain Wayne Rooney headed United's second in the 59th before Ibrahimovic rifled home a shot from 25 yards. Adam Smith later scored Bournemouth's consolation goal.

Mourinho was delighted with the victory and Ibrahimovic, whose role at United is expected to go beyond the pitch.

"The first thing I can tell you is that his table for breakfast and his table for meals, he is surrounded by the young ones, surrounded by the kids," Mourinho said. "Luke Shaw, Marcus Rashford, these are the guys that are with him on the table. So he knows what he can be for them.

"You have to forget the passport, you have to forget 34 years old, because the body and the mentality is not of a 34-year-old guy. So, I think he's at the top of his qualities." THE ASSOCIATED PRESS

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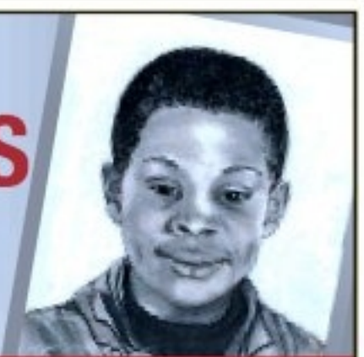

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RECIPE Leek and Artichoke Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week off right with this light but creamy frittata. Leeks and artichokes give it gorgeous colour and delicious texture.

Ready in 20 minutes
Prep time: 5 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 leek, washed thoroughly, sliced thinly
- 1 can (14 oz) of artichokes, drained
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled
- 3 scallions, sliced

Directions

1. Preheat the oven to 350 F.

2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.

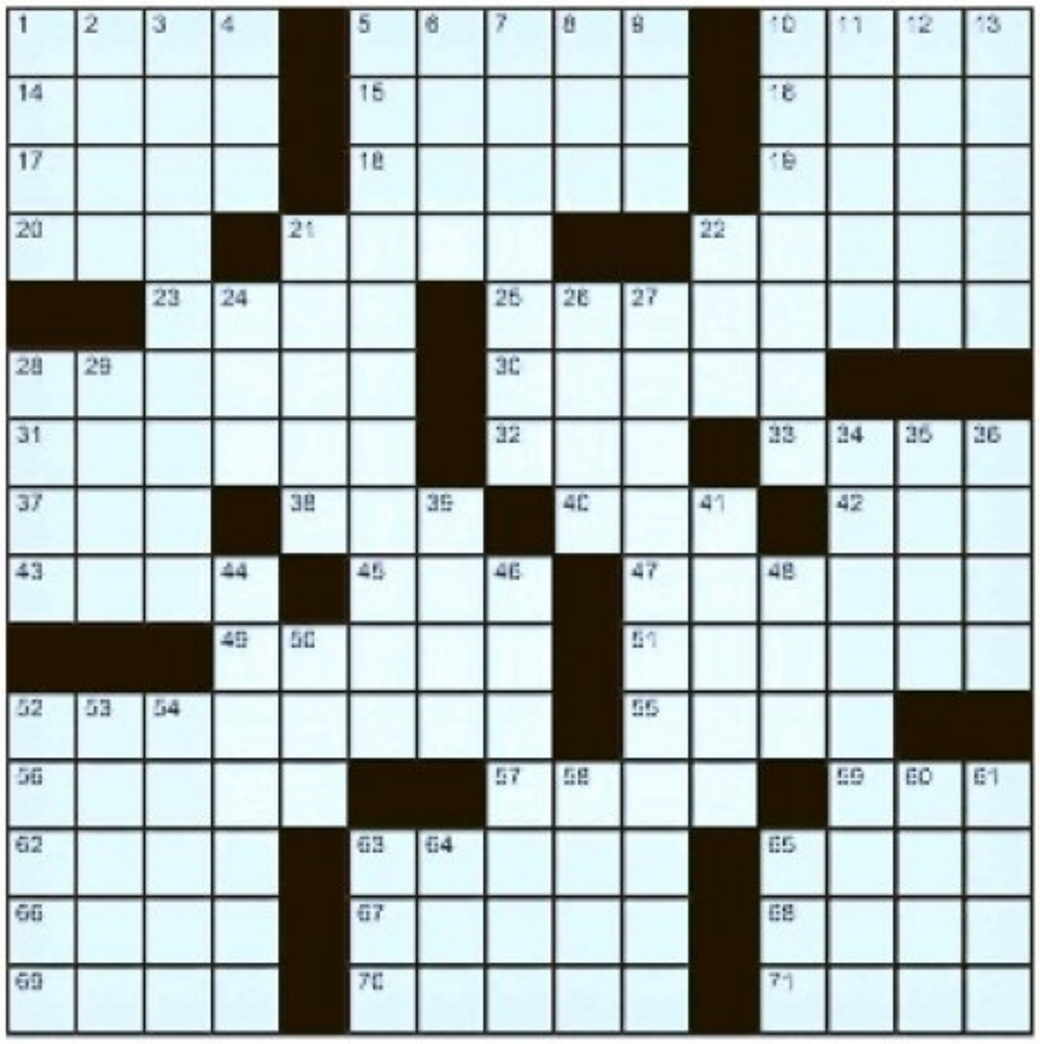
3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.

4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Olympic sport
5. Pesto ingredient
10. 1700, fancy-style
14. Snake, for one
15. 1st Greek letter
16. Spoken
17. Sulk
18. Pre-euro moneys
19. Canadian hardware store
20. Chemical suffix
21. L.A.'s state
22. Ransacks
23. Watered down
25. RIO 2016: Pool prop, sometimes: 2 wds.
28. RIO 2016: 1976 Summer Olympics location... Montreal, __
30. Theme
31. Not hurting, say
32. College campus gr.
33. Philharmonic gr.
37. Perform
38. Camel hair cloth
40. That fellow
42. Goth rocker's music
43. Heave
45. And so on [abbr.]
47. Maidens of ancient myth
49. RIO 2016: ITA is its IOC country code
51. RIO 2016: Ancient Olympics land
52. RIO 2016: __ Gymnastics
55. Pear variety
56. Poetic feet
57. Diving bird
59. W5 extra
62. One of Andy Warhol's Superstars
63. RIO 2016: Olympics land in 2008
65. Carrot dessert
66. Pate de foie ...quoi?
67. Skincare product
68. Monster
69. Leaky balloon sounds
70. Unyielding
71. Tide type

DOWN
1. Early-'80s hit: "She's a Bad Mama __"
2. Stratford-__-Avon
3. RIO 2016: They're randomly conducted to ensure athletes are 'clean': 2 wds.
4. Lyric poem
5. RIO 2016: Gymnastics apparatus: 2 wds.
6. 50 Cent's "Just __ Bit"
7. RIO 2016: Quick race events
8. Smashing Pumpkins co-founder James
9. __ Vegas
10. RIO 2016: IOC country where Casablanca is
11. Dribble
12. "Why __?" (Permission-pleader's query)
13. Necklace part
21. Cutlass __ (Oldsmobile model, formerly)
22. Flowery necklace
24. TV network
26. "Wooow!"
27. RIO 2016: Diving event
28. Li'l boggy spot
29. Donald Duck, to his nephews
34. RIO 2016: Chance for runners-up to continue to the next round in some sports
35. Crown corporation, e.g.
36. Stockings
39. Mythical Hun king
41. RIO 2016: The Discus Thrower sculptor of ancient Athens
44. Animal Planet rescue dogs show: 2 wds.
46. RIO 2016: 'Men's Omnium Points Race 6\6' is an event in what sport?
48. Not yous
50. Ordinal suffixes
52. RIO 2016: Men's gymnastics apparatus
53. Whiskers
54. Lettered gyms
58. R.E.M.'s "The __ Love"
60. Pod vegetable
61. Cry
63. Midpoint [abbr.]
64. __ polloi
65. Defraud

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is full of unusual, fun-filled possibilities! Unexpected invitations to social or sports events are likely. Romance and children could be sources of surprise.

Taurus April 21 - May 21
Something pleasant and unexpected will affect your home and family today. An impromptu gathering might take place. You might hear surprise news related to real estate.

Gemini May 22 - June 21
Road trips are just one reason you will see new places and meet new faces today. It's not a boring day! Stay light on your feet so that you can go with the flow.

Cancer June 22 - July 23
Keep an eye on your money and wealth today. You might find money; you might lose money. Protect what you own from loss or theft. A moneymaking idea might take off!

Leo July 24 - Aug. 23
This is an exciting day for Leos! Whatever happens, it is fresh, novel and different! You have a heightened perception of the world around you. Discussions will be frank.

Virgo Aug. 24 - Sept. 23
This is an exciting day for you. However, the source of your excitement is private or behind the scenes. Write down some of your clever ideas.

Libra Sept. 24 - Oct. 23
You will meet interesting people today. This could be because of a group involvement, the introduction of a friend or because you might be traveling. You love the stimulation.

Scorpio Oct. 24 - Nov. 22
Interactions with authority figures might surprise you today. Someone might do something you'd least expect; however, it will please you. (One hopes.)

Sagittarius Nov. 23 - Dec. 21
Sudden opportunities to travel will materialize today. (Again?) Likewise, chances to take a course or to get further training will excite you. You're going places!

Capricorn Dec. 22 - Jan. 20
Stay in touch with bank details regarding shared property, taxes, insurance matters and inheritances, because something unexpected will occur.

Aquarius Jan. 21 - Feb. 19
A friend or partner will surprise you by doing or saying something unexpected today. But the surprise might delight you. Something will make you feel liberated and younger!

Pisces
Feb. 20 - March 20
Opportunities for advancement exist at work today. Some of you will encounter new technology; others will meet new friends and co-workers. This is an exciting day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8			7	9		4	
6					4			5
		9		1				
			7				2	1
1		2		9		3		6
9	6				1			
				4		2		
2			6					4
	1		9	8			7	

Difficulty Level ★★

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6	2	7	8	3	5	9	4	1
4	5	8	1	6	9	7	3	2
2	7	6	5	4	3	8	1	9
1	4	5	7	9	8	3	2	6
9	8	3	2	1	6	5	7	4
8	6	2	3	5	4	1	9	7
5	1	4	9	8	7	2	6	3
7	3	9	6	2	1	4	8	5

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